NATURAL LIFE Magazine

"Access to Rational Living"

News from Natural Life 2
Natural Lifeline 5
Natural Life Connection 8
News & Views from B.C. 13
Report from Quebec 14
Saskatchewan Report 15
Ottawa Report 16
News from New Brunswick 17
Wind Power 22
Human Ecology 26
Cooperativeness 32
A Food Co-op Experience 37
Circle Craft Co-op 40
River Guild a craft shop 42
Green Manure 44
Wwoofing farm labour experience 45
Growing vegetables 46
Mushrooms Do Grow on Trees composting 48
Alternative With a Wiggle 51
Constructing a Working Capstan 52
Raku primitive pottery 54
Why All the Interest in Goat's Milk? 56
Sourdough 58
Comfrey 60
Hydroponic Herbs 63
The Eviction Notice 64
How To Build a Marsh 66
Lifestyles — A Course 68
Eating Naturally a regular food column 71
Supermarket Jungle 72
Post and Beam Barn 74
Bach Flower Remedies 76
Natural Life Focus 78
Attention: Bread Bakers 80
Reader Questionnaire 81
Natural Life Calendar 83
Frontier College alternate school report 83
Natural Life Classifieds 84
Natural Life Books 86
Natural Life T-Shirts 96

Natural Life Introductory Subscription!
Rates per year (12 issues)

$6.00 in Canada
$8.00 in the United States
$9.50 outside Canada & USA
$12.00 Institutions
$2.50 additional for Air Mail or First Class (on above rates)

Send Subscription Orders to: Natural Life, Box 640, Jarvis, Ontario, Canada N0A 1J0.

Multiple subscriptions are available for stores, groups and institutions.

Contributors for this issue:

Rene Tunney
Zack Gross
Jennifer Thompson
L. D. Hills
Tracy Walker
John Harvey
J. E. Harvey
P. A. Hennessey
Bonnie Rose
Susan Hamilton
Gus Davis
Helen Brink
Marcel Demas
Karl MacKeeman
Peter Perry
Ann Woodley
Louise Cameron
Pat Rivera
Brian Rose
Christie McQuarrie
Jill Bleakney
Joe Smilley
Chris Wood
Tom Lang
Bernadine Roslyn
Patricia Foster
Gary Walker

Regional Correspondents

Zack Gross
Jake Brooks
Tom Lang
Chris Wood
Pam Martin

Editor: Wendy Priesnitz
Publisher: Rolf B. Priesnitz
Subscriptions: Debbie Bartlett
Advertising Representative: (Farmer Al) Veri

Editorial, Advertising & Subscription, Offices: 29 Talbot St., Box 640, Jarvis, Ontario, Canada, N0A 1J0, (519) 587-4621

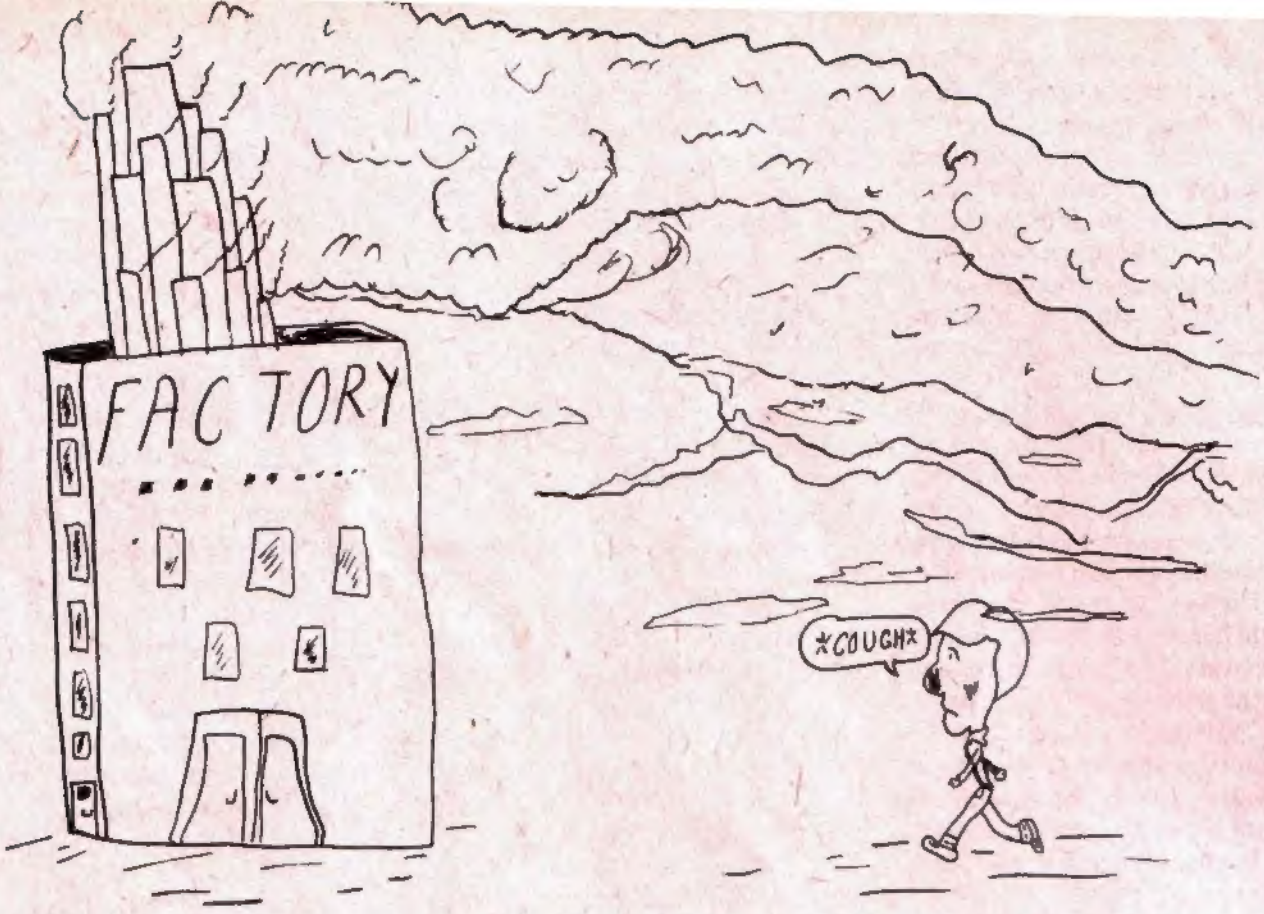
Member: Canadian Periodical Publishers Association

National Distribution by: Master Media P.O. Box 610, Oakville, Ontario

Copyright ©1977 by the Alternate Press Jarvis, Ontario, Canada

ISSN 0701-8002

Second Class Mail Registration Number 4003



HUMAN ECOLOGY

You are what you eat, drink, breathe and touch.

By Louise Cameron
Hamilton, Ont

This is a report of my visit to the Tenth Advanced Seminar of the Society For Clinical Ecology held at Dallas, Texas in December, 1976. I am not a professional in any capacity, but a lay person who has experienced and observed what I am relating.

Many of you will not be familiar with the terms Clinical or Human Ecology, so an explanation follows.

In order to live, our bodies must interact daily with our environment by eating, drinking, breathing and touching. Normally, the body is able to handle the total load without becoming ill. However, in some persons the body loses some of its adaptibility and ecologic illness results. This may involve physical and/or mental symptoms. The way to stop this ecologic illness is to treat the specific causes which made the patients total load too much for the body to handle. Ecologic treatment is a long-term co-operative effort by the patient and the physician to find out the offending substances, and avoid or neutralize the offenders.

The members of the Society For Clinical Ecology are concerned with these aspects of human health, and strive to improve methods of discovery and treatment of such maladaptation.

Environmental concepts of health are not new — more than two thousand years ago Hippocrates wrote "…..it appears to me necessary that every physician be skilled in nature, and to strive to know, if he would wish to perform his duties, what man is in relation to the articles of food and drink, and to his other occupations, and what are the effects of each of them to every one."

a new way of life

Over the years many have documented cases of improved physical and mental health when food sensitivities and other environmental factors have been considered in treatment. Unfortunately, their efforts have not been properly recognized. The validity of their tests and treatments are continuing to be questioned. A comment made by one doctor was that they are "like bloodhounds kept on a leash or muzzled".

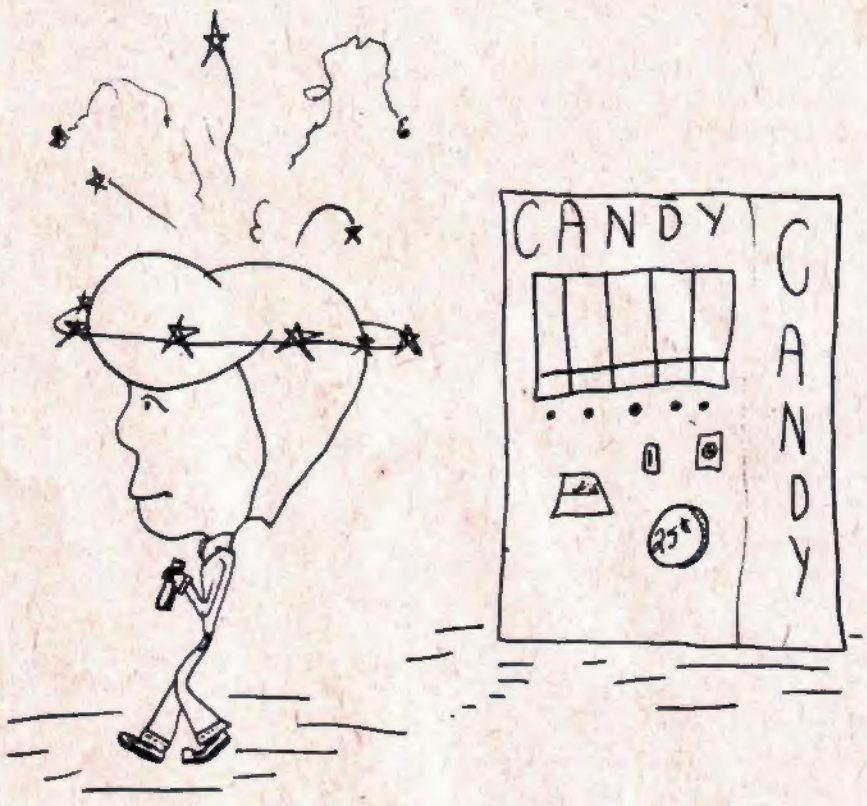
Those of us who have been diagnosed as having ecologic illness have had to adapt to a new way of life, which as mentioned previously, is long-term. We learn to use untreated water, to eat organic foods, and to use those specific foods which we are able to tolerate on a rotation basis. We don't use aluminum for cooking, or plastic for storage purposes. We avoid the use of and exposure to tobacco, any perfumed or scented products, household cleansers and waxes,

especially aerosol cans. We learn that exposure to oil and gas heating, fireplaces, exhaust fumes, solvents from glues, paints, newspapers and other prints, drycleaning fluids, and so forth, have to be avoided. We cannot use synthetics or chemically treated natural fabrics, so the task of finding suitable clothing, furnishings, carpets, and so forth can be very difficult, especially in this "chemical" age we live in. The only place we have any real control of our environment is our own homes, and for those who have become extremely sensitive, it may be a long time before they can be comfortable anywhere else, but most of us improve sufficiently to come out of our "retreats" as long as we monitor the total exposures and are alert for "overloads", and can resume a more normal way of life.

Although my body has made me very aware of what Human Ecology means, I am constantly learning more, and found my trip to Texas was a truly enriching experience.

For those of us with allergies, especially chemical sensitivities, travel of any kind can be intimidating and challenging. This was my first air trip, so I had unknown factors to face. My flight companion turned out to be not only a veteran air traveller, but a pilot himself, so he was able to make flying very enjoyable. When I explained my preference for keeping my coat with me so that it wouldn't pick up any perfume or other odours from the overhead storage compartment, we had a pleasant exchange of conversation, and he was interested to learn about environmental concepts of health.

The hotel where the Seminar was held was a problem for some of us chemically, and we suspect it was due to routine fumigation or spraying. I'm afraid I didn't do much to erase the false image those in more southern climates have of us as being constantly surrounded by ice and snow. When I am reacting chemically, something happens to my internal thermostat and I become uncomfortably hot. I turned off the heat in my room, and left the window open much of the time. The temperature would go down to about 30 degrees at night, and often not over 50 in the day, so it wasn't too warm outside. I received comments from visitors about the lack of heat in my room, and about being a "Canadian Eskimo".



A subject dealt with at the Seminar was "Water". Although there may be spring or untreated water available, because of sources and run-offs, many are not tolerated by the chemically sensitive person, or have to be used on a rotary basis like the foods in restricted diets.

A word that became much more familiar while listening to the speakers was "Individuality". Diagnosis and treatment of environmentally triggered health problems is a very individual consideration. It was evident that those who deal with arthritis, cardiovascular problems, allergies, psychiatry and other fields of medicine, are all recognizing the role sensitivities to food, dust and molds, chemicals and other environmental factors play in triggering symptoms. While doctors are exchanging their findings, although similar, each case has to be dealt with separately.

Sources of this individuality could be hereditary, genetic, or nutritional deficiencies. Poor nutrition of parents and an increase of processed foods are factors to be considered. Some cases indicate an inborn vitamin deficiency or dependency factor, and respond well to mega-vitamin therapy while others do not. Trial and error is the only means to find the patients level. Fillers and colouring agents of vitamin products may only add to some patients problems, even when an attempt is made to use organic or natural supplements. Some respond using vitamins on a rotation basis.

fabricated health

Dr. Ross Hume Hall, from McMaster University Dept. of Biology, Hamilton, Ontario, author of "Food For Nought - The Decline in Nutrition", told of how we can't fabricate our health with fabricated foods. He spoke of how "the joy of fibre" is replacing Dr. Rubens' "The Joy of Sex". Although we require fibre in our diets, he feels that there are better sources than slivers to promote the passage of feces. He was of course referring to the use of wood-fibre in bread. Dr. Hall said there is some value in reducing fats, but that manufacturers play on our

fear of cholesterol in their promotion of synthetic products such as margarine and 'egg-beaters'.

Dr. Stuart Hill of the Macdonald Campus of McGill University spoke of the agriculturists' role in health. He said that the increase in large farms has brought about speciality farming and that the smaller farm with a range of mixed farming and crops is needed for a balanced ecology. Dr. Hill mentioned how present methods of food processing and preparation damaged foods.

Stuart Hill believes that "as more of the possibilities of ecological agriculture become understood, both consumers and governments around the world will recognize it as the only answer to provide a stable, permanent food source, unaffected by politics, manipulated scarcities and exploitation". Let's hope and pray he is right.

One speaker mentioned "The Effects of Carbon Monoxide and Sulphur Dioxide Emittance on the Reasoning Power of Learners". He is in a classroom teaching situation where he can see the effects, and says the biggest problem is trying to educate the educators regarding environmental atmosphere, and commented that they do not have an understanding of change and adaptation, and that safety and psychological aspects are not looked at.

Rotary Diversified Diet

The Rotary Diversified Diet was frequently mentioned. Those of us who have multiple food sensitivities know the advantages of such a program. A brief explanation would be able to tell you that the foods you eat on Day One of the rotary diet, would not be used again for four or five days — depending on what interval you spaced your diet schedule. A person with a tendency to sensitivities can develop new ones at any time, and the more exposure to something, the more likely new ones are to develop, so the spacing of food families helps overcome this aspect. Also, a person with multiple food sensitivities would be left with very little to eat if every food he reacted to was taken away. Spacing of the foods often allows them to be left in the diet whereas daily consumption would bring on reactions.

We were encouraged at the seminars to use food in as unprocessed state as possible. One topic was "Forgotten Food Factors" referring to trace elements such as selenium and zinc. This professor also gave a cooking demonstration pointing out the formation of chemical irritants such as tar produced by glucose products, and the adverse effect of char-broiled steaks.

There was an enlightening report on Totally Nonpolluting, Total Solar Heating.

Some of the doctors have access to Environmental Units for fasting and testing purposes. We went on a tour of the self-contained Ecology Unit at the medical centre on the outskirts of Dallas. It has its own contained air and heating units. A section of the hospital kitchen has been set aside and a special cook employed. They specialize in treating clinical aspects of diseases affecting the lungs, heart and blood vessels. However, all environmentally triggered diseases are treated there.

Several doctors spoke of the relationship of sensitivities to Hyperactivity, Learning Disability, and the Allergic Tension Fatigue Syndrome, especially in relation to their treatment of babies and children.

In a paper on environmental biology in 1964 there was this comment — "..... the time has come to give the study of the responses that the living organism makes to its environment the same dignity and support which is being given at present to the study of the component parts of the organism .... exclusive emphasis on the the reductionist approach will otherwise lead biology and medicine into blind alleys".

I feel much of medicine was long ago led into blind alleys, and we have to do all we can to support the promotion of Clinical Ecology to help lead it out. One way we are being encouraged to do this is to join ecology minded groups.

In conjunction with the Seminar in Dallas, meetings were held to establish Human Ecology International. The basic aims are — To promote, encourage and finance research in the field of clinical ecology. To encourage the exchange and dissemination of basic data and clinical information. To work both locally and internationally toward the elimination of indiscriminate use of chemicals in the environment which are hazardous to human health. To raise and receive funds for research and educational purposes. To cause to be published and distributed papers, lectures, documents, pamphlets and books on ecological subjects for the education and the dissemination of knowledge to all those interested.

international organization

There will be an International Newsletter to help disseminate reports of what is being done at the local levels. Six issues a year will contain information about natural foods, avoiding chemicals, sources of supply, etc.

I think I can be safe in assuming that all of us are interested in improved ecology. We may have taken different routes to reach this point, and have specific interest areas, but I hope we will all be supportive of Human Ecology Interna-

tional, and not let our "individualities" stop us from growing in a much needed joint cause.

Human Ecology Action League (H.E.A.L.) will be involved in legislative and lobbying activities. We are encouraged to send individual letters and petitions to manufacturers and government officials regarding products we find unsafe or detrimental to our health. In Canada, the Hon. Tony Abbott, Minister of Consumer and Corporate Affairs has also encouraged us to do so, and I hope more of us will accept his invitation and not wait for the "other guy" to do it. His address is Consumer and Corporate Affairs Canada, Place du Portage, Ottawa/Hull. K1A 0C9.

"It is sobering to realize that many of today's diseases are entirely man-made. To say this, however, suggests that they are also *man-preventable.*"

Dr. I. Selikoff,
professor of
environmental medicine,
Mt. Sinai School of Medicine,
New York

The drawings accompanying this article were done by the author's 12 year old son, Tom Cameron.

About seven years ago, Tom was diagnosed as having multiple allergy problems, including chemical sensitivities. His symptoms were "typical" — chronic bronchitis, recurring throat and ear infections, eczema and gastro-intestinal upsets. Although extremely hyperactive, he was a "slow" child with symptoms of perceptual problems and learning disabilities.

After he was placed on an ecologic treatment program, he gradually improved, and will remain a well, stable, happy boy with only occasional flare-ups which can always be attributed to some irritant such as a food or chemical exposure.

CONTACT

HEAL
4054 McKinney Ave., suite 310
Dallas, Texas,
75204, USA

related reading:

Food for Nought — The Decline in Nutrition, by Ross Hume Hall — available from Natural Life Books

Consumer Beware and **The Fact Book on Food Additives and Your Health**, by Beatrice Trum Hunter — available from many bookstores

Human Ecology and Susceptibility to the Chemical Environment and **Clinical Ecology**, by Dr. T. G. Randolph — available from Charles Thomas, 327 East Lawrence, Springfield, Ill. 62700, USA

also write the following addresses and request a publications list:

Book Fund
c/o New England Foundation for Allergies
3 Brush St.,
Norwalk, Connecticut, 06850, USA

Humán Ecology Study Group
5460 N. Marmora Ave.,
Chicago, Ill., 60630, USA

Human Ecology Research Foundation
505 N. Lake Shore Dr.,
Room 6506, Chicago, Ill., 60611, USA

BCS MAINLINE ROTARY TILLERS

"This one was planned!"

MAINLINE HAS NO OFF-SEASON!

From the beginning, the power unit of the Mainline Tiller was planned for the additional service that makes Mainline the only true "All-Season" rotary tiller. There are over a dozen different Mainline attachments available now for most of your outdoor power equipment needs. For complete details, write today!

BETTER by DESIGN!

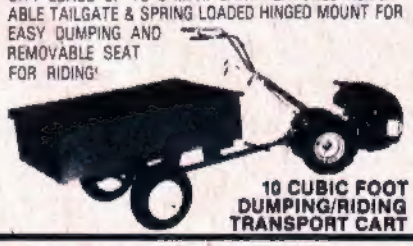
SELECT THE "NOW-SEASON" MAINLINE FOR YOUR PRESENT NEEDS, THEN...

SUMMER MOWING

MULCHING BAR (left) FOR FESCUE, ORCHARD & BLADED GRASS-SICKLE BAR (right) W/SWATHBOARDS FOR HAY, GRAIN & WEEDS

44" GEAR DRIVEN SICKLE BAR MOWERS

FALL TRANSPORT & HAULING — LEAVES, TOOLS, HARVESTS, FIREWOOD ETC. MAINLINE'S ALL GEAR TOTALLY AUTOMOTIVE DESIGN CAN HAUL LARGE CAPACITY LOADS UP TO 8 MPH! CART FEATURES REMOVABLE TAILGATE & SPRING LOADED HINGED MOUNT FOR EASY DUMPING AND REMOVABLE SEAT FOR RIDING!



10 CUBIC FOOT DUMPING/RIDING TRANSPORT CART

WINTER SNOW REMOVAL

36" DOZER BLADE

3 POSITION BLADE MANEUVERS SNOW, DIRT, MANURE, ETC. FOR GRADING & BACKFILLING. ADJUSTABLE SKID SHOES SET BLADE HEIGHT.

24" ROTARY (AUGER TYPE) SNOW THROWER

GEAR DRIVEN HEAVY DUTY AUGER EASILY THROWS HEAVY WET SNOW. PULVERIZES AND REMOVES LARGE ICE CHUNKS. ROTATING DEFLECTING CHUTE THROWS SNOW TO LEFT OR RIGHT. ADJUSTABLE SKID SHOES SET WORKING HEIGHT.

...ADD THE TILLER ATTACHMENT NEXT SPRING!

REMOVABLE TILLER ASSEMBLY

STANDARD 20" ROTARY TILLER

EXCLUSIVE FEATURES & FACTS

- ADJUSTABLE WHEEL WIDTH AND ADJUSTABLE TILLER WIDTH
- SPLINED GEAR DRIVE SHAFT PTO & FRONT MOUNTED BELT PTO BOTH PRESENT ON ALL MAINLINE MODELS
- TOTALLY AUTOMOTIVE DESIGN! OF ALL THE BEST KNOWN TILLERS, MAINLINE IS THE ONLY ONE THAT IS NOT DRIVEN BY A BELT! UNEQUALLED HANDLING EASE, LESS WEIGHT, LOWER CENTER OF GRAVITY & MORE HORSEPOWER!
- BOSCH ELECTRIC STARTING MODELS ARE NOW AVAILABLE!

OTHER WORK-SAVING MAINLINE ATTACHMENTS INCLUDE:

- COMBINATION HILLER/FURROWER
- SEEDER/FERTILIZER DISTRIBUTOR
- POWER SPRAYER • IRRIGATION PUMP
- ONE & TWO WAY PLOWS • POTATO DIGGER
- ONE & TWO ROW PLANTERS • AND MORE!
- AVAILABLE EARLY NEXT YEAR! 30 & 33hp RIDING ARTICULATING TRACTORS

FOR COMPLETE FACTUAL INFORMATION, WRITE TODAY!

AMBASSADOR UNIVERSAL, P.O. Box 339, Acton, Ont. L7J 2M4 (519) 853-0311

2-6.

Louise Cameron

Natural Life 8 & 9

Double Summer Issue

$1.50

- Bach Herbal Remedies
- Post and Beam Barn
- Green Manure
- Supermarket Jungle

RETURN FULL

Pg. 26 – HUMAN ECOLOGY

NATURAL ENERGY

WINDPOWER